

# The Bottom Line

Vaughan Endoscopy Clinic (VEC) is a **state of the art** out-of-hospital endoscopy clinic providing Screening colonoscopy and **endoscopy** for the work up of mild gastrointestinal disorders. It is staffed by eleven board certified **gastroenterologists** who all have active local hospital appointments.

In addition to the endoscopic services, they will provide all the necessary **GI follow-up** and make all the appropriate referrals required due to findings at the endoscopy.

The Medical Director, Dr. Gould, has been an active participant at the CPSO in the development of **standards for out-of-hospital clinics**, all of which VEC adheres to.

## Gastroenterologists:

Dr. William Appell  
 Dr. David Ford  
 Dr. Michael Gould  
 Dr. Susan Greenbloom  
 Dr. David Kreaden  
 Dr. Eric Leong  
 Dr. Michael Ostro  
 Dr. Ted Ptak  
 Dr. Jonathon Springer  
 Dr. Rajiv Sethi  
 Dr. Stephen Sinclair

*In addition to high quality and convenient access to endoscopy, the Doctors at VEC will provide you with supplemental practical GI advice through this periodic newsletter. In this first installment we will discuss the issue of fibre, its benefits and limitations.*

## Are All Fibres Good For You?

Despite the many health benefits associated with high-fibre diets, many Canadians don't consume nearly enough.

### ***What's the difference between insoluble and soluble fibre?***

Dr. Michael Gould, a gastroenterologist and Medical Director of VEC states, "Insoluble and soluble fibre have important and separate functions, so it's important to consume an appropriate amount of each. When insoluble fibre — from sources like whole wheat, flax seed, and corn bran — is consumed, it cannot be broken down and absorbed."

"Thus," explains Dr. Gould, "it provides bulk to the digestive tract, which improves bowel motility and reduces constipation." Insoluble fibre also helps regulate food absorption and metabolism.

However, when soluble fibre is consumed — from sources like oats, beans, lentils, and broccoli — they dissolve and ferment within the colon. This produces nutrients that keep the colon healthy. In addition some of the other benefits of soluble fibre is that "there's evidence that soluble fibre can benefit the cardiac system, and help with the bowel's immune system." But they also produce the excess gas that can cause pain and bloating. Many patients who state they consume a high fibre diet eat fibres primarily from this category and experience a significant amount of gas and bloating.

### ***How much fibre is enough?***

When it comes to bowel function, it's often not a question of how much fibre, but what type of fibre. Dr. Gould usually recommends 25 to 35 grams of primarily insoluble fibre per day. "Insoluble fibre is important for regulating bowel function and often for helping with constipation, IBS, hemorrhoids, and anal fissures."

In addition fibre aids in the absorption of other food groups, so that it can help regulate blood sugar levels, fat and cholesterol absorption.

Dr. Gould states that in his frequent consultations regarding gas and bloating, in addition to lactose intolerance, "soluble fibre is an important cause of the symptoms as is the malabsorption of fructose from fruit and fruit juices and the non-absorbable sugars found in artificial sweeteners like sucralose and molitol (eg. Splenda)."

***Please see reverse for a list of commonly consumed fibre, separated into the groups they belong to***

## The bottom line is:

Fibre is very important for maintaining regular bowel movements. However all fibres are not equal. Thus patients with gas, bloating or irritable bowel must be careful in choosing their fibre source so that they don't make their symptoms worse!

## Commonly Consumed Fibre

<b>Soluble Fibre</b> Provides bowel nutrition ( <i>but can cause gas</i> )		<b>Insoluble Fibre</b> Bulk helps bowel movements
<b>Vegetables and Grains</b> Beans Lentils Chick peas Broccoli Cauliflower Rapini Cabbage Brussel sprouts Oatmeal Psyllium Spelt	<b>Fruits</b> Peaches, Nectarines Apricots Cherries Plums (prunes) Figs Apples Pears Citrus fruits Berries (all)	Wheat bran Corn bran Flax seed Psyllium husks Bulgar Quinoa Cereals like Kellogg's All Bran, General Mills Fiber One, Nabisco 100% Bran. 

This newsletter will be posted on our website ([www.vaughanendoscopy.com](http://www.vaughanendoscopy.com)) thus your patients are able to download a copy for reference. Other GI topics of interest will be published periodically.



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